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METRO VIDEO CONTEST WINNERS
BEST OF FRIENDS, CITY, FUN {page 11}

WORLD CUP
DUTCH COACH WON'T CHANGE TACTICS
SEMIFINAL TODAY {page 17}

CALGARY metro®
Tuesday, July 6, 2010
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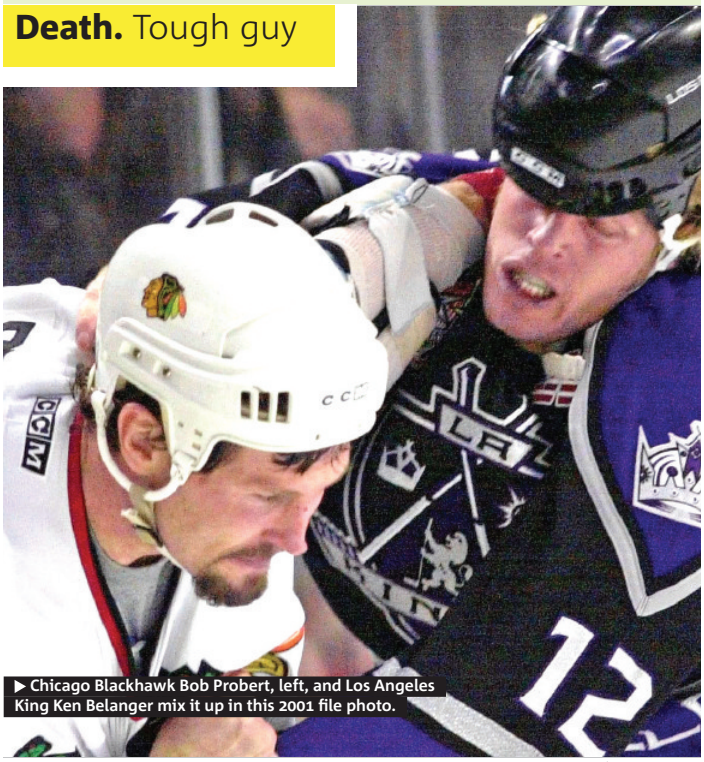
Death. Tough guy



▶ Chicago Blackhawk Bob Probert, left, and Los Angeles King Ken Belanger mix it up in this 2001 file photo.

FRED JEWELL/THE ASSOCIATED PRESS

Bob Probert dies after collapse

Former NHLer Bob Probert has died after collapsing with severe chest pains while enjoying an afternoon of boating with his family. He was 45. Probert was one of the league's all-time great enforcers. More coverage, page 17.

Splitting tab on Gulf spill?

BP passes part of cleanup bill onto partners in well {page 6}

Buyers' great expectations

Canadians have high hopes for real estate: Survey {page 9}

Sound traps mulled to limit noise

▶ 3 noise meters already in use by Bylaw Services, and sound testers already on staff ▶ Clinics planned to help motorists gauge their vehicle noise

DARREN KRAUSE
@METRONEWS.CA

Sound traps are one method being considered to help enforce a potential limit on noise in Calgary.

Bill Bruce, Animal and Bylaw Services director, said automated audio, sound pressure and camera technology could be in place to enforce a possible vehicle noise limit and employ a similar method to that of speed traps.

Bruce said complaint-driven tracking will be set up, and if deemed necessary, Bylaw sound teams would be deployed to areas of concern.

"The first step in going down this path is setting an actual (decibel) limit," said Bruce.

There is a noise bylaw in place, but there's a need for a number you can "actually read," Bruce added.

Mayor Dave Bronconnier said enforcement would be a big issue for noise limits.

"I think we can all sympathize with people that hate excessive noise ... but it also boils down to the ability and the expectations to deal with an enforcement issue. That is something that is certainly not easy to do given the demands on bylaw enforcement."

Aldermen decided yesterday evening to ask for a report to examine excessive noise, enforcement and penalties. It will be brought back to a March 2011 committee meeting.

A decibel limit on noise was sought at yesterday's council meeting, but wasn't approved.

WITH FILES FROM KATIE TURNER

Decibels

- **96** Ald. John Mar suggested a decibel limit of 96 decibels at yesterday's meeting.
- **Motorcycle** A typical motorcycle registers around 90 decibels.
- **Decision** On the council decision not to approve a decibel limit, Mar said: "Take one step forward and two steps back once again. We should have called this secondary suites."

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AMVIC LICENSED

Options for fenced dog parks to get review

City council approved a motion by Ald. Bob Hawkesworth to examine a number of different options for increasing the number of fenced dog parks for use by city dog owners.

The notice of motion stemmed from a recent controversy involving users of an off-leash area in the Cambrian Heights area, where a fence was removed from the park.

Administration said various options could be reviewed for council to determine future parks being integrated into existing communities.

A report is expected in 2011. METRO CALGARY

3,401

the number of traffic charges laid in Alberta over the Canada Day long weekend — between June 30 and July 4, according to RCMP. In that number, 2,574 were speeding violations.

Mail-in votes OK'd for election

People with disabilities or serious illnesses and people working away from the city or vacationing will be allowed to mail in their ballots for the 2010 municipal election in October.

Deputy returning officer Barb Clifford said it's "one more way to ensure all people who are eligible to vote have a means." METRO CALGARY

METRO CALGARY FILE PHOTO

▶ The Calgary Police Service will have to wait until after October municipal elections to find out if proposed cuts will be approved, or if service levels will remain intact.

Police budget talks delayed

- City council will decide on possible cuts after October elections
- Mayor Bronconnier's motion to secure police budget deferred

KATIE TURNER
CALGARY@METRONEWS.CA

The Calgary police budget discussions will be deferred until November despite the mayor's efforts yesterday to solidify that no cuts would be made.

Dave Bronconnier put forward a motion asking council to ensure the Calgary Police Service budget would not be cut. The implications of the deferral will be immediate, according to the mayor.

"Pay now or pay later — but that you will."
MAYOR DAVE BRONCONNIER

"The implications are the police chief and the commission will not go ahead with September and October recruit," said Bronconnier.

"City council and the chief of police built a plan and now we're saying, 'Well, we're only prepared to fund it for the first two years.'"

John Dooks, head of the Calgary Police Association, said CPS will be cancelling two of its upcoming training classes in the fall because of council's decision.

"I'm disappointed with the results," he said.

"Obviously we have a decision where basically many council members deferred this so that the next council is burdened with this decision."

Calgary police

Decision put off by council until November.

- **Planning** The Calgary Police Service has the city's largest budget.
- **Patrol** Approximately 60 beat officers will be put back on regular patrol, according to CPA's John Dooks.
- **Disappointment** "It's six months that we're behind," said Dooks.

1 news

News on the move

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CSIS stands by claim of foreign influence in provincial politics, and that Canadians should know about it at metronews.ca

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NOROVIRUS

Outbreak common, says medical official

Norovirus outbreaks are common in the city, according to medical officer of health Judy MacDonald, who says the outbreak at the Alberta Children's Hospital has been contained.

"We haven't had any new cases," she said, adding there are between 40 and 60 Norovirus outbreaks per year in the city.

Four children had confirmed cases of the virus and 20 staff members were sent home as a precaution because they were feeling ill.

"It's standard to send people home to ensure it doesn't spread."

METRO CALGARY

Two from T.O. facing kidnap rap

Herbert Ary Beekhuysen, 57, and Andre Gavin Ambrigo, 35, both from Toronto, are facing charges in connection after a person was allegedly kidnapped from a Dover home last week, according to police. METRO CALGARY

Man sought in bank robbery

Police are seeking a dark black man with a short, curly black beard and black hair in connection with the robbery of a Bank of Nova Scotia in the 5100 block of Country Hills Blvd NW on July 5.

METRO CALGARY

Forest Lawn's facelift on its way

METRO CALGARY FILE PHOTO

▶ City hall approved an International Avenue revitalization plan yesterday.

Plan to focus on sustainable transportation such as transit

KATIE TURNER
CALGARY@METRONEWS.CA

Forest Lawn will receive a long-awaited facelift, much to the relief of community members.

Council approved an urban design concept yesterday, which will focus on revitalizing of 17th Avenue S.E. corridor.

"This means the world," said president of the Forest Lawn community association, Bruce Moreton. He said the community has long felt ignored by the city, but the concept is "a great step forward."

The plan will focus on sustainable transportation such as transit and biking as well as development of commercial and residential units. "We're extremely excited. I think it's been a great day for greater Forest Lawn and International Avenue," said Alison Karim-McSwiney of the International Avenue Business Revitalization Zone.

Karim-McSwiney said council will now move forward on a market study and will hopefully begin to implement the plan soon.

"I don't have the exact timelines yet but at least we're on the right track," she said.

100
years since Forest Lawn was established. The community was founded in 1910 and began as its own village in Alberta. It was annexed by the City of Calgary in 1961.

Friendly bloggers play some street hockey for fun and food raising

KRISTA SYLVESTER/METRO CALGARY

▶ Five Hole For Food organizer Richard Loat from Vancouver, Calgary's own Alez Ruiz and three-year-old Zacharie Bishop play some ball hockey to raise food for the Calgary Food Bank.

Local bloggers and Calgary Tweeps scored all the way to the food bank during the Five Hole for Food cross-country ball hockey tournament.

Founder Richard Loat donned his beloved Vancouver Canucks jersey and took on a group of Calgary Flames fans in a friendly rivalry game of street hockey at Eau Claire market to raise food for the Calgary Interfaith Food Bank.

Loat and several others have been travelling by car across the country from Montreal since June 29, and heading all the way to Vancouver by July 9 to raise over 2,000 pounds of food.

"It's a lot of fun and everyone is really supporting the event and I think we'll definitely be surpassing our goal by the end," Loat said.

Calgary raised over 640 pounds of food during yesterday's game.

KRISTA SYLVESTER

"It's a really great turnout and everyone is having a blast. It's nice to see and for a good cause."

PAUL HUGHES, MAYORAL CANDIDATE

Make most of Stampede, cabbies urged

KRISTA SYLVESTER
@METRONEWS.CA

Calgary Downtown Business Association officials are calling on cabbies to crowd the downtown core during late hours this Stampede season.

CDBA executive director Maggie Schofield said since the Calgary Airport Authority has awarded the airport contract to one company, other companies have an opportunity to make a lot of income during the Stampede.

"We really hope there are a lot of cabs out, especially at night with people going to parties, bars and clubs, to help get everyone around smoothly and have a good time," Schofield said.

"We really think it's a great opportunity for them and it would benefit everyone."

Getting around

- **Easy travel** CDBA executive director Maggie Schofield said she believes it will be easier for Calgarians and tourists to get around the downtown core because there are fewer roads and construction projects taking place. But she added that "it's good the projects are happening to make the core more vibrant."

METRO CALGARY FILE PHOTO

▶ Cabbies downtown could get a piece of the lucrative crowds if they stay in the core during the Stampede, says the Calgary Downtown Business Association.

Schofield recognizes that it's up to individual companies to dole out cab service, but she hopes to see an influx at night.

Associated Cabs president Roger Richard said that should be no problem.

"There's no doubt. I fully expect there will be many cabs out providing service, especially at night and during the Stampede where the demand will be high," he said.

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BP looking to share the cost of cleanup

As BP PLC's costs for the disastrous Gulf of Mexico oil spill climb to just over $3 billion US, the British oil giant is billing partners Anadarko Petroleum Corp. and Japan's Mitsui for their shares of the cleanup.

BP has billed Anadarko, a 25 per cent stakeholder in the blown-out well, for more than a quarter billion dollars so far. It also has reportedly billed Mitsui, a 10 per cent partner, for $111 million.

"They are partners in the field, and as responsible partners we would expect them to bear some of the costs," BP spokeswoman Sheila Williams said yesterday.

Anadarko, based in The Woodlands, Texas, said in a statement that it is reviewing the $272.2-million bill sent last week and "assessing our contractual remedies." Calls to Mitsui & Co. for comment weren't immediately returned.

THE ASSOCIATED PRESS

A new hope?

A giant new oil skimming vessel is being tested in the Gulf. But lousy weather means it may be longer than first hoped before it's known when it can get to work full time.

Google mystery # 2204355?

It's not surprising that Google's latest list of hot searches includes queries about Canada Day, some recent movies, and the dreaded HST launched in Ontario and British Columbia.

But what is 2204355 and why are so many people searching for it?

It appears to be one of those unexplainable viral sensations that appear out of nowhere and propagate across the web for no good reason.

In the confounding video, a smiling young man is double fisting two chicken drumsticks in front of an animated rainbow-coloured background. He dances to a song that sounds like it would sound-track an old Nintendo video game and occasionally takes bites of chicken.

THE CANADIAN PRESS

Watch the video at metronews.ca

Clues

Web sleuths have discovered the video of the dancing man appears to have been snipped from a bizarre Kentucky Fried Chicken commercial.

- **Who created it?** No one knows.
- **What's it supposed to mean?** That's also anyone's guess.

ADRIAN WYLD/THE CANADIAN PRESS

▶ CSIS head Richard Fadden waits to testify at the Commons public safety committee yesterday.

Top spy won't back down

Head of CSIS says he won't resign in the wake of controversy surrounding comments during TV interview Still won't give details about his claim that foreign governments are interfering with Canadian politicians

An unapologetic CSIS spy chief reiterated his assertion that there is foreign interference in provincial politics and there is nothing wrong with Canadians knowing about it, Dick Fadden said during an extraordinary appearance before a Commons committee yesterday.

Fadden told a rare July sitting of the public safety and national intelligence committee that foreign influence over a number of provincial politicians and public servants is a "concern and a threat."

The director of the Canadian Security Intelligence Service raised that concern during a CBC interview last month and did not deny China was among the countries interfering in Canadian politics.

Fadden's original interview — broadcast on the eve of a visit by Chinese President Hu Jintao — enraged many who said they cast aspersions on all elected officials with ties abroad. A spokesman for the prime minister said at the time of the interview that the CSIS director was speaking on his own without pre-clearance from the government.

"I stand by my general message on foreign interference," the spymaster told the committee.

"It is a concern and a threat, it is more common here and elsewhere than many think, and it is desirable that this threat should be known and discussed."

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The police are watching, even after he's dead

Agostino Cuntrera's family targeted by attacks since last year **No arrests yet in Cuntrera's shooting death**

RYAN REMIORZ/THE CANADIAN PRESS

▶ The funeral procession for reputed mobster Agostino Cuntrera, yesterday in Montreal.

Police kept close watch over the funeral yesterday of a reputed Mafia leader who was killed as part of a dramatic power shift in Canada's underworld hierarchy.

A church in east-end Montreal was packed as several hundred mourners bid their final farewells to Agostino Cuntrera.

Standing outside were a few dozen uniformed officers and police in plainclothes who scribbled notes and snapped photos of people as they exited the church.

Cuntrera, 66, was gunned down last week in front of his food-distribution business in a murder that had experts declaring the demise of the once-dominant Rizzuto crime family.

Cuntrera was reputed to have taken the leadership reins in Canada's most powerful crime family after the arrest of Vito Rizzuto, now serving 10 years in a Colorado prison.

THE CANADIAN PRESS

India. Protest

▶ Communist Party of India supporters are dragged away by police in New Delhi yesterday.

MUSTAFA QURAISHI/THE ASSOCIATED PRESS

Price hike fuels protest in India

Transportation ground to a halt and businesses were closed yesterday in many parts of India following a one-day strike by the main opposition parties to protest a government-imposed hike in fuel prices.

Poll results

Komorowski won 53 per cent of the vote to Jaroslaw Kaczynski's 47.

New Poland leader

Poland's state electoral commission officially declared Bronislaw Komorowski the country's new president yesterday.

THE ASSOCIATED PRESS

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Canadians are ready to buy new homes

But many people are not putting enough down It may be worth saving up longer before you buy

A majority of Canadians who just bought or are about to buy their first home expect to pay less than the asking price and prefer newer and detached homes over older and semi-detached, according to a TD Bank survey.

But the report questioned whether the home-buyers had unreasonable expectations.

"It's only natural to want your first home to be the home of your dreams, but it is important to be realistic about what you can afford," said Farhaneh Haque, a mortgage specialist at TD Canada Trust.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
– 103.56 (11,092.50)	– 0.23¢ (93.90¢ US)
Oil	**Natural gas**
N.Y. market closed	1,000 cu ft $4.729 (+ 4.2¢) Gold contracts N.Y. market closed

Only 30 per cent said they plan to or already have more than a 20 per cent down payment, and the remaining 70 per cent will require mortgage insurance. Eight of 10 buyers reported putting down as much as they can afford.

But Haque advised that paying 10 per cent or more will make a big difference, bringing down the time it will take to pay off a mortgage and possibly affecting regular payment amounts.

"It may mean that you need to save longer before buying your first home, but it will pay off in the end."

THE CANADIAN PRESS

Royal tour. RIM

Queen Elizabeth is shown a new BlackBerry by electronics assembler Elvira Dulic.

FRANK GUNN/THE CANADIAN PRESS

Her Majesty's royal BlackBerry

A picture of Canadian schoolchildren offering up a virtual bouquet greeted the Queen yesterday on her new top-of-the-line BlackBerry. She was presented with the device when she toured Research in Motion in Waterloo, Ont. It's rumoured the 84-year-old Queen is no stranger to such gadgets, but Palace officials wouldn't confirm whether a royal BlackBerry already exists.

Toyota sales still stalled

Toyota Canada Inc. suffered an almost 14 per cent decline in year-over-year sales in June, in contrast to the soaring sales of some of its major competitors. Overall June sales were down 13.8 per cent from June 2009.

THE CANADIAN PRESS

$2B for new solar plants

The U.S. government is handing out nearly $2 billion for new solar plants that President Barack Obama says will create thousands of jobs. Obama announced the initiative Saturday.

THE ASSOCIATED PRESS

Nickel prices will be stable

A tentative contract agreement between nickel miner Vale and its striking workers in Sudbury, Ont., is expected to have only a minor impact on the price of nickel, which fell 1.8 per cent to $8.52 US a pound yesterday.

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EXES AND OH-NOS IN THE DIGITAL AGE

She says ...

JESSICA NAPIER

Back in the old days (I'm talking pre-Facebook here), I assume it was easier to break up with someone.

Just a quick conversation — thanks, this has been great, it's not you, it's me, etc. — and that would be it. No hassle, no strings and, other than an occasional run-in, you might never have to see or think about that person again.

If only it were that simple.

Now, every broken relationship leaves a not-so-easy-to-erase digital trail. While you might have said your goodbyes in person you're still left with a series of invisible techno-connections.

The trouble is, there's no protocol for dealing with a breakup in the online world. Do I delete them from MSN and un-follow them on Twitter, but remain Facebook friends? How are we supposed to know the proper etiquette for severing these digital ties that bind? One thing is for sure; you never want to be the one who gets deleted first.

At one point, my ex and my current boyfriend happened to fall alphabetically next to each other on my BlackBerry contact list. Attempted multi-tasking and unco-ordinated fingers meant I occasionally sent private proclamations of love to the wrong person.

Yikes.

Anyways, while these absent-minded accidents made for hilarious dinner anecdotes the next day they were always very awkward to recover from at the time. These slip-ups (and an unfortunate incident involving my BlackBerry and the sidewalk) eventually led me to purchase a new phone and delete that particular ex from my mobile world for good.

So, what took me so long? Hitting the delete button on the digital relationship is a lot harder than it seems. Secretly, I think we (or is it just me?) need these digital ties to keep tabs on all of those past romances gone wrong. Online connections satisfy our post breakup curiosities about how the other person is doing and (OK, let's be honest) who they're dating.

It's not so much a problem with letting go — I just want to be able to check up on them every now again.

"How are we supposed to know the proper etiquette for severing these digital ties that bind? One thing is for sure; you never want to be the one who gets deleted first."

Cartoon

Rebels without a cause

Letters & Tweets

EDMONTON. Peter McCartney (Is this what democracy looks like?, June 28) is absolutely right in questioning whether the violent G20 events in Toronto were truly the face of democracy.

Everyone has freedom of expression, but that freedom does not imply the freedom to cause harm. Furthermore, violence detracts attention from legitimate demands of peaceful protesters and, in the end, the public will only see a bunch of rowdy rebels without a cause.

STRATYOS KEE

We asked: Should Canada cut ties with the monarchy?

TORONTO. Some might argue the monarchy has no relevance to Canada today and her successor would be an embarrassment to the country. The monarchy is an institution, not an individual. Canadians have had their share of embarrassing politicians, and we've all survived — so will the institution of a constitutional monarchy.

For those who would like to cut ties with the monarchy, maybe this question should be asked: "Should Canada form a political and economic union with the United States and Mexico and have an integrated North American currency called the 'Amero.'"

The wrong message

LUCAS OLENIUK/TORSTAR NEWS SERVICE

Should MPs be allowed to moonlight?

Email
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Metro has the right to edit letters and submissions.

Noteworthy

Interpol turns to social networking

International police agency Interpol launched an unusual appeal yesterday to the global public to report sightings of 26 leading fugitives — whether on the street or on Facebook.

Interpol has been leading an international operation since May aimed at tracking down 450 particularly dangerous fugitives, and has arrested 39 people as a result, including former Colombian model Angie Sanclemente Valencia, wanted by Argentina for drug trafficking.

THE ASSOCIATED PRESS

Metro Minute with CAMPER exhibition

If you have a minute to spare today, head down to the southwest end of Prince's Island Park to check out CAMPER, a portable art exhibition.

Put on by TRUCK Contemporary Art, CAMPER (Contemporary Art Public Exhibition Rig) is a 1975 motorhome converted to an art gallery and artist workspace.

CAMPER is free and open to the public and runs throughout the month of July.

It will be at Prince's Island Park from July 6-13, Edworthy Park from July 14-20, and Barclay Mall from July 20-26. The exhibit will be parked today through Saturday from 11 a.m. to 5 p.m.

METRO CALGARY

CONTRIBUTED

▶ CAMPER, a portable art exhibition.

metro

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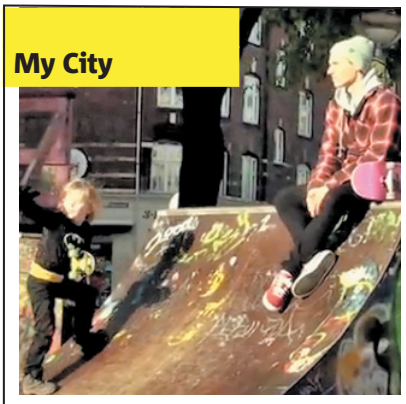
Winners of world's largest video contest

From submissions in three categories (My Friends, My City, My Fun) from Metro readers in 15 countries, our winners emerge Judged by a star-studded jury, including acclaimed Lady Gaga music video director Jonas Akerlund and our very own Hollywood correspondent Ned Ehrbar Their prize: a trip for two to any of 100 cities where Metro is published

metro VIDEO CHALLENGE
WATCH THE VIDEOS AT METRONEWS.CA/SCENE

My City



SILAS ADDINGTON & ANDERS DEVANTIER, DENMARK

"MY JUNGLE"

Silas Addington

What inspired you to make this movie?
My friend Anders came up with the jungle idea that actually just is a twist of the story The Jungle Book from Disney. Something we first found out after we made the film.
Anders is playing the "mysterious skater" in the movie and it is my voice speaking.

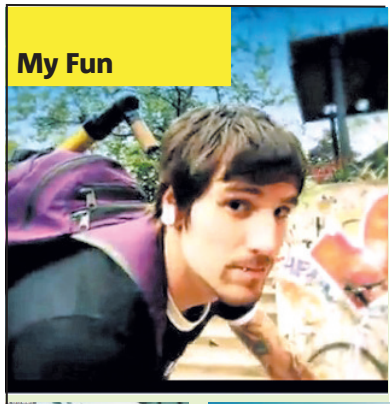
What was your favourite location to film?
When we got access to the SAS-hotel in the middle of Cophagen, and came up on the very top of the building just in time to film the fantastic sunset, that we actually use both in the start of the film and in the end.

Who is your filmmaking idol?
Well, we are both big big fans of Quentin Tarantino.

What's your favourite film?
Such a difficult question but the film Life is Beautiful by Roberto Benigni is a favourite and of course, the first Ace Ventura movie!

SILASADDINGTON.MVCHALLENGE.COM/DK/VIDEO/1204

My Fun



ANDRÁS MAKOVINYI, HUNGARY

"BMX STREET"

András Makovinyi & crew

What inspired you to make this movie?
Mark Veres, the BMX rider, protagonist in the movie. This movie is in fact the trailer for a longer film about Mark and the BMX. He is unbelievably talented.

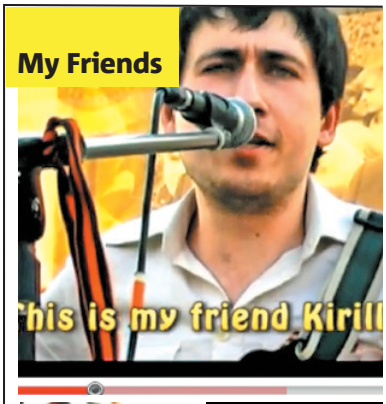
What was your favourite location to film?
Perhaps the last shot, the wallride that we recorded in 100p. That trick is really daring, that day we had five punctures, three falls and the pedal broke as well.

What's your favourite film?
The Godfather Trilogy. Classic. No matter how many times I watch it, I can always learn something new from it. But I love everything with Pacino or DeNiro.

Where do you want to go on your winning trip?
"New York City. That's in New York, son. New York State": Frank Slade - Scent of a Woman, to stick with movies. But I am not sure yet, it's so sudden!

WMGOTTI.MVCHALLENGE.COM/HU/VIDEO/629

My Friends



STANISLAV ILYIN, RUSSIA

"ME & MY FRIENDS"

Stanislav Ilyin

What inspired you to make this movie?
(My friends and I) have already done TV-style funny videos before. However, it didn't bring us true popularity – only among our friends at social networks. Whenever I found the Video Challenge ad in Metro newspaper, I figured out that we could do something really cool. We got the right idea the same evening.

What was your favourite location to film?
The most difficult scene in this video was the hospital scene, though it was the toughest one, too. It was a challenge to find an unused pantry and equip it as a hospital ward. But the result was really worth it!

Who is your filmmaking idol?
I get inspiration from directors like Michael Mann and Tony & Ridley Scott. Michael Mann picks out truly impressive soundtracks for his movies.

SERIOUSSERVER.MVCHALLENGE.COM/RU/VIDEO/721

2 scene

News in brief

1 Former Miss California Carrie Prejean is now Mrs. Kyle Boller, after marrying the Oakland Raiders quarterback at a San Diego resort.
THE ASSOCIATED PRESS

2 The Twilight Saga: Eclipse has the lifted its box-office total to $175.3 million after just six days.
THE ASSOCIATED PRESS

3 Canada's Martin Short will be adding his voice to an animated version of Cat in the Hat.
THE CANADIAN PRESS

Talking points

Brit dreading sex education

KID CURVEBALL Britney Spears loves being a mom, but there's at least one thing she's not looking forward to. "I'm dreading the moment when my sons ask me how babies are made," she tells Cosmopolitan magazine. The former child star also tells the magazine that she isn't keen on sons Sean Preston, 4, and Jayden James, 3, going into the entertainment business.

METRO WORLD NEWS

Jess can't get enough of NFL

QB LOVE Jessica Simpson had reportedly turned to the NFL to find love once again. The singer, who previously dated Dallas Cowboys quarterback Tony Romo, is now dating former football player Eric Johnson, according to TMZ. Johnson played for the San Francisco 49ers and the New Orleans Saints. The pair are "very happy," a source says.

METRO WORLD NEWS

Lohan not worried about jail decision

LiLo may also be falling in love with Israeli beauty, sources claim ◆ Friends say she's moving too fast

Depending on how things go today, Lindsay Lohan might be spending tonight in jail. Judge Marsha Revel — who was not terribly amused when Lindsay missed a court appearance for the Cannes Film Festival — will decide if she should be locked up for violating her probation.

But Lindsay doesn't seem to be worried, according to TMZ.com: "[Her lawyer] will just fix this like everything else. It's no big deal to her, even though she totally believes Judge Revel hates her guts," a source tells the site.

On a different note, Lohan seems to have found new woman in her life, sources tell TMZ. Things have reportedly been heating up between Lohan and Israeli brunette Eilat Anschel, who the actress first turned to as a "shoulder to cry on." But Lohan's pals are worried she's falling for Anschel too hard and too fast.

METRO WORLD NEWS

GETTY IMAGES

Lindsay Lohan

Celebrity tweets

Paris Hilton [@Paris-Hilton] it was absolutely ridiculous what I was put through for nothing. But I'm used to being scape goat

Vanessa Hudgens [@nessaa-hudgenss] Selecting from a shelf, renting and walking home with a movie in hand is such a fulfilling experience

Kevin Jonas [@kevin-jones] I just watched a guy eat 54 hot dogs I'm full after two how does that even happen. I am truly impressed

Tell us what you are recording @metrocalgary

PVRTweets

What do you wish your PVR could do that it doesn't currently?

@157258369 Telus PVR: crop/edit recorded programs; a listing that just shows your favourite programs; category listing for prog not chn

@trevorbacque Record more than two shows at one time and still have the ability to watch something else!

@jermsp like 100 hours. I am slowly building a movie collection on my pvr.

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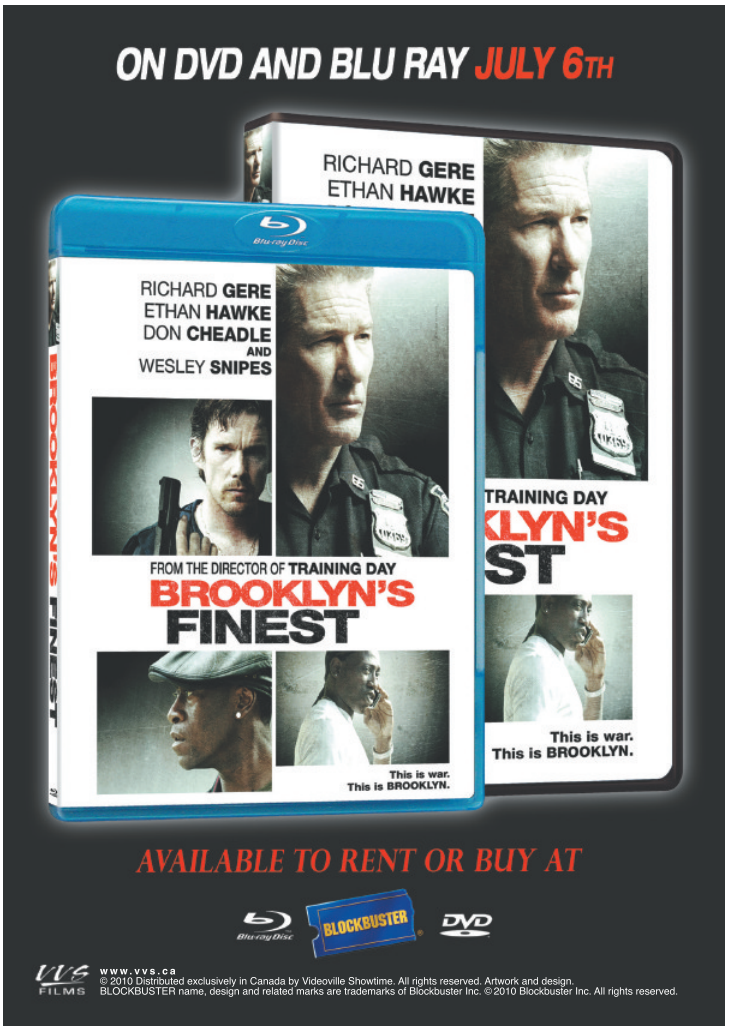


Cristiano Ronaldo will raise boy on own

MOM REMAINS ANONYMOUS Though things didn't go so well for him at the World Cup, Portugal's Cristiano Ronaldo has reason to celebrate. "It is with great joy and emotion that I inform I have recently become father to a baby boy," Ronaldo announced on his Facebook page. The soccer star fathered the child with a woman who wishes to remain anonymous, and he will raise the boy as a single father. "As agreed with the baby's mother, who prefers to have her identity kept confidential, my son will be under my exclusive guardianship," he wrote.

METRO WORLD NEWS

Lautner OK with dating fan

YOU CAN HAVE HIM TOO Taylor Lautner says the idea of dating on his many Twilight fans wouldn't be out of the question. "Would I date a fan? Well I don't exclude anyone, so sure, why not?" Lautner says, according to Hollyscoop. "I don't have a type physically, but loyalty and honesty are important."

METRO WORLD NEWS

With football (a.k.a. soccer) fever at its highest with the World Cup semi-finals going today and tomorrow, Metro speaks to some of the world's top players' other (better?) halves about health, beauty and beating pre-match nerves.

ROMINA McGUINNESS METRO WORLD NEWS

The Wonderful WAGs

FOOTBALLERSWIVES.TV

▶ Actors from the popular UK TV series Footballers' Wives, that centres around soccer players and their wives.

GETTY IMAGES

SYLVIE VAN DER VAART

Wife of Rafael Van der Vaart (Holland)

On health ... I was diagnosed with breast cancer when my son was three years old, an experience that drastically changed my views on life. I now live my life more fully and deeply and I'm appreciative of every single little thing.

On health, food and exercise ... My husband's conscientious approach to exercise encourages me to do the same. I'm very lucky to be fit and energetic once again. On my lazy days, I like to read and listen to music on my iPod. I have a very healthy diet, although I like to eat what I want. Besides that I work hard to stay in shape. I don't smoke, but I do enjoy the odd glass of wine.

On beauty ... A little bit of concealer and lip-gloss always does the trick. I always wash my face before going to bed and from there I only need around seven hours of sleep. I'm happy with the person that I am and thankful I don't need any interventions such as Botox or plastic surgery. I don't like judging people and I believe everyone should make their own decisions so long as they remain respectful and it makes them happy.

CCIMG

MENAYE DONKOR

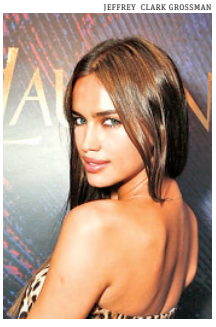
Girlfriend of Sulley Muntari (Ghana)

On her lifestyle ... Sulley and I make conscious decisions with what we put in our bodies. I can't resist a good bottle of red wine and living in Italy doesn't make it any easier.

On health, food and exercise ... I consider myself a healthy person. I eat a well-balanced diet and get most of my vitamins from fresh fruit and vegetables. I exercise regularly, Sulley and I don't work out together but we are both very active. I'm a cardioholic, before an important shoot I have sessions with my personal trainer who knows exactly how to whip me into shape. Drinking and smoking are choices people make. Everything needs to be done in moderation.

On beauty ... I have very sensitive skin, so I choose my moisturiser carefully. I always carry great concealer, eyeliner and mascara. No woman is 100 per cent happy with her body, but I try to embrace my flaws and focus on my good features. In terms of Botox and plastic surgery my motto is, 'If you don't like it fix it'. It's important to still have inner confidence otherwise you will be fixed on the outside but broken on the inside.

JEFFREY CLARK GROSSMAN



IRINA SHAYK

Linked to Cristiano Ronaldo (Portugal)

On her lifestyle ... I'm very healthy and refrain myself from smoking and drinking. I like a glass of red wine every now and then but I was raised in a family where no one drinks or smokes. I love taking in the sunshine and hanging out with my friends in New York — we make sure we wear plenty of sunscreen.

On health, food and exercise ... I workout five times a week. I love Pilates but I also go boxing or jogging. I drink two litres of water every day to keep hydrated and green tea but never coffee. My guilty pleasure is ice cream, I just love it.

On beauty ... I never wear foundation and hardly wear any make up. My face is pretty much always clean. Once a month I'll have a facial or go in a steam room to rid my skin of toxins. I work hard on my body ... It's never perfect but I think all women feel that way. We are our worst critics so I push myself everyday to go to the gym and eat right. I try and get eight hours of sleep every night. In terms of my views on plastic surgery and Botox — well it all depends on the reason for it. If a person is the victim of an accident and surgery can make them feel better, I'm all for it.

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Liquid assets

Market value

I'm a sucker for a sexy label. In fact when faced with a wall of wine at a strange liquor store (and I've been in lots of them) I like to pretend I don't know one grape from another and simply let my eyes be my guide.

One thing I've learned playing this game is that all too often cool names and pretty pictures are wrapped around bottles filled with plain old average juice. That said, there are some winemakers that are able to balance their look with their liquid personality in a way that jumps off the shelf and out of your glass.

A great example is the 2009 SeaGlass Sauvignon Blanc ($14.05 - $15.25) from California's Trinchero Family Estates. Using photorealistic images of colourful sea worn glass on a clean, sun bleached background the label speaks volumes to the wines refreshing tropical flavours and affinity for casual dining (especially shellfish).

Having stood at the tip of South Africa's Cape Point; its picture on the label of the 2009 Two Oceans Sauvignon Blanc ($9.80 - $11.69) made by Distell hits close to home while also evoking the wines airy aromas, crisp, green fruit and natural attraction to seafood.

Prices reflect the range across the country. Some products may not be available in all provinces.

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

Stout and Onion Turkey Burger a summer taste

Add veggies to keep burgers flavourful, moist, and to give it an extra health boost ◗ Sweet potato fries are a perfect pairing to the burger

ASSOCIATED PRESS

▶ Use a whole wheat bun to compliment the stout in your turkey burgers

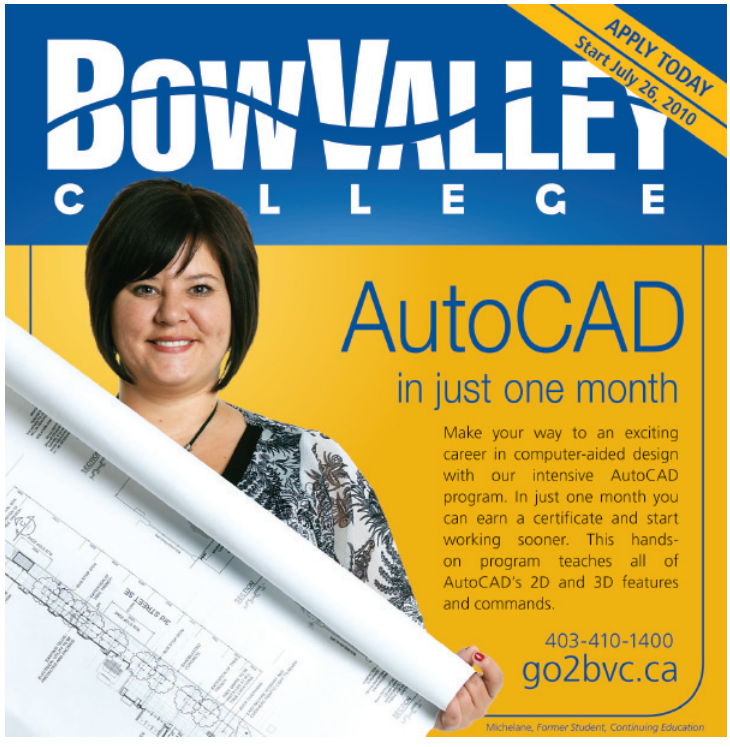
Ingredients :

- 5 ml (1 tsp) canola oil
- 250 ml (1 cup) chopped vidalia onion
- 250 ml (1 cup) Guinness or other stout
- 30 ml (2 tbsp) Dijon mustard
- 10 ml (2 tsp) chopped fresh thyme or 2 ml (1/2 tsp) dried
- 2 ml (1/2 tsp) salt
- 2 ml (1/2 tsp) ground black pepper
- 500 g (1 lb) lean ground turkey
- 250 ml (1 cup) panko (Japanese-style) breadcrumbs
- 75 ml (1/3 cup) shredded sharp cheddar cheese (optional)
- 4 whole wheat hamburger buns or other small wheat bread

Serve these burgers with a side of sweet potato fries and a few crunchy pickle spears.

Preparation:

1. In a medium saucepan over medium, heat oil. Add onion and saute until softened and slightly golden, 7 to 10 minutes. Add stout and increase heat to high. Boil mixture until reduced by two-thirds and making syrupy bubbles, about 20 minutes. Transfer mixture to a medium bowl to cool for approximately 20 minutes.
2. Heat a gas grill to medium-high or prepare a charcoal fire.
3. Add mustard, thyme, salt and pepper to onion mixture. Add ground turkey and breadcrumbs. Gently but thoroughly combine. Shape into 4 patties, about 2 cm (3/4 inch) thick.
4. To oil grill grates, wet a folded paper towel with oil, hold it with tongs and rub it over grates.
5. Grill burgers until well browned on the underside, 4 to 5 minutes. With a spatula, turn burgers carefully. Grill 4 to 6 minutes more, or until burger registers 74 C (165 F) at the centre. Top with cheese, if using, during last minute of grilling. Serve burgers on toasted buns and with a side of your favourite salad greens or fries. ASSOCIATED PRESS



LAWS OF COUPLING UP AND ATTRACTION

Do you guys believe in becoming "one" as a couple or keeping independence?

Kate says...
Both, it just depends on which way you're facing. When you are facing outwards, as in presenting yourselves to the outside world, you must be a team.

For example, when faced with curious in-laws, he must support you in your plan to avoid feeding your baby wheat, eggs, nuts, shellfish and tahini, and be outraged when his mother tries feeding her Kraft Dinner, even if he thinks you are a little bit crazy when it comes to infant nutrition.

In turn, you must act like his recent purchase of a $4,000 plasma TV is perfectly normal, even when your financial adviser wonders whether an RESP for the baby would have been a wiser choice. When you are facing inwards toward each other, you must fight hard to maintain your independence. Stand up for what you believe! There is no worse turnoff than the words "Yes, dear." They mean you just don't care enough.

Bret says...
Okay. So, if saying "Yes, dear" is a turnoff, it follows that saying, "No, dear" is hotter than magma. From now on, I am totally giving up on being nice. Disagreeable but frequently laid! Woo!

Kate says...
No, dear.

Do opposites really attract?

Bret says...
That really depends on what you mean by "opposites." If you mean you're in love with an uptown girl, and now she's looking for a downtown man, and that's what you am, then go for it. It is a classic combination: uptown girl + downtown man. Remember Julie Andrews — hot, hot, hot as the refined, elegant, practically perfect Mary Poppins.

Remember how radiant she looked on the arm of grubby Bert the chimney sweep? Kick your knees up, step in time! "It's a jolly 'oliday with Mary. It's a jolly holiday with you, Bert." Aw.

They were excellent together. They taught us a lesson about love and how it totally conquers all. We owe them a debt of gratitude.

Kate says...
First of all, I'm pretty sure Bret's view of Mary Poppins as "hot, hot, hot" is his alone, but we'll leave nanny fantasies for another column.

I think couples like to think of themselves as opposites. Many announce that they are as a way to say, "Sure we're joined at the hip, but we still have our own brains."

These conversations are held for the benefit of other couples or for single friends who find the couple's new togetherness revolting.

Mostly these conversations are about whether one member of a couple will eat shellfish or does/doesn't like Desperate Housewives.

The notion of "opposites" is exaggerated just ever so slightly, as the holders of these conversations often wear matching Eddie Bauer khakis, finish each other's sentences and go on to rave about Spanglish, which, mysteriously, they both loved.

This is harmless, if irritating for the listener.

ISTOCK

▶ When facing one another in a relationship, you must fight for independence.

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Beware of Buy & Sell

Depending on your situation, it may not be the best investment approach If you're young, you don't necessarity need to take risks — just have patience

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Investment rules, , and common knowledge can be completely wrong when inappropriately applied to your individual situation. Here, two common ones:.

1 Buy and Hold is the best approach for most investors.

B & H is one of the most basic axioms of the investment industry. On one hand, it does steer you away from what you don't want to do — jump in and out of investments with every stock market hiccup.

However, it does encourage hanging onto a raft of dogs, which the mutual fund industry loves because you're paying management fees. Also, the B & H mantra keeps most investors from questioning their purchases.

The problem is if a stock or mutual fund is a dog, it will keep barking no matter how long you hold it.

Here's a better rule. Buy, Hold and Monitor. Evaluate your holdings annually. If you notice long-term yipping and howling, show that pooch the door.

2 If you're young, you can afford to take risks.

This is a commonly heard refrain and it's usually the precursor to a mutual fund salesperson loading up a young adult with higher risk (and higher fee) investments.

But if you start saving early, you can be conservative and still reach your goals thanks to the miracle of compounding where every dollar you earn on your investments goes back into the pot to help your moneygrow.

Here's a better rule: If you're young, you don't need to take risks.

By the numbers

How to make $526,000.

- Over time, low risk bonds easily return 6 % annually on average.
- A 20-year-old who invests $100 until age 30 and increases it by $100 with each new decade will have over half a million big ones by age 65.

ISTOCK

Be sure to evaluate your holdings annually.

Alison Griffiths' show Maxed Out appears Wednesday at 10:30 p.m. You can find out more at: alisongriffiths.ca

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Credit card grace period

As of September 1, 2010, the grace period for new purchases made on credit cards will be at least 21 days. This means that during the grace period, you cannot be charged interest on your new purchases, even if you did not settle your account balance in full the previous month.

To find out more about federal credit card regulations, visit the Financial Consumer Agency of Canada's (FCAC) website at fcac.gc.ca.

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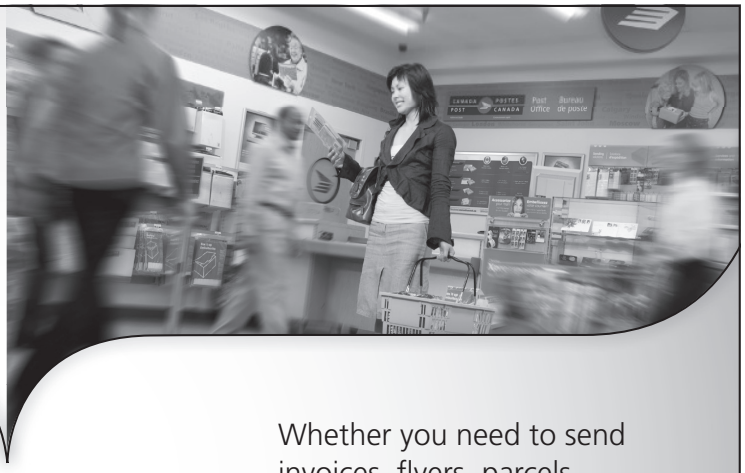

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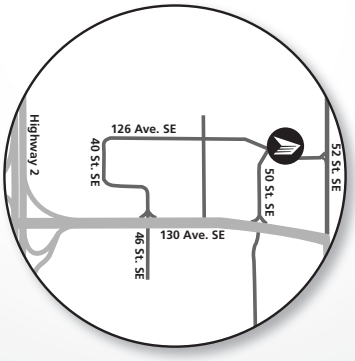

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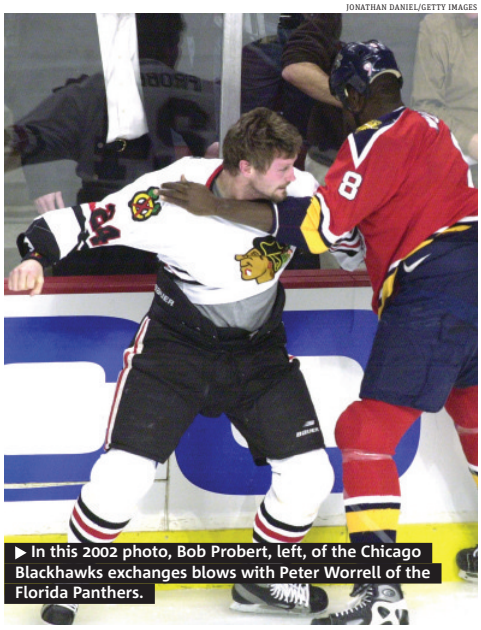
‘Bob lost the fight of his life’

Former NHL tough guy Probert dead at age 45

JONATHAN DANIEL/GETTY IMAGES



▶ In this 2002 photo, Bob Probert, left, of the Chicago Blackhawks exchanges blows with Peter Worrell of the Florida Panthers.

The hockey world has lost its top heavyweight.

Bob Probert, who fought nearly as many personal demons as he did NHL tough guys during a 16-year career, died yesterday.

He was 45.

Probert was the most feared fighter of his generation, dropping the gloves more than 200 times while playing for the Detroit Red Wings and Chicago Blackhawks.

“I’ve seen them all and I haven’t seen anybody tougher than him,” TV commentator Don Cherry told The Canadian Press.

“He was the best.”

Probert died after collapsing while enjoying an afternoon of boating with his family on Lake St. Clair near Windsor, Ont. His father-in-law Dan Parkinson, a police officer who was on the boat, attempted to revive Probert using CPR.

“This is a tragedy for the family,” said Parkinson. “We ask that you respect their privacy at this time. This was totally unexpected. Bob lost the fight of his life this afternoon.”

During his days on the ice, Probert never shied away from a fight.

He was part of many memorable battles, often exchanging punches with an opponent until his elbow and shoulder pads had fallen to the ice.

Cherry remembers attending a game where Probert was set to have a rematch with Troy Crowder after the two had staged a memorable fight earlier in the season.

“I said to the linesman before, ‘If they get started, don’t break them up.’ The linesman said, ‘Are you kidding? I want to see it too,’” recalled Cherry. “I remember he hit Crowder so hard, his helmet went about 10 feet in the air.

“It was a dandy.”

THE CANADIAN PRESS

Stats

- Over 16 NHL seasons with the Red Wings and Blackhawks, Bob Probert recorded 384 points (163 goals, 221 assists) in 935 regular-season games.
- His career total of 3,300 penalty minutes is fifth on the NHL’s all-time list.

Just one win away from World Cup finals

▶ **Time:** 12:30 p.m.
Channel: CBC

JULIE JACOBSON/THE ASSOCIATED PRESS

▶ The Netherlands’ Wesley Sneijder kicks the ball yesterday while practising drills during a team training session.

Netherlands coach Bert van Marwijk is not planning on changing his tactics for the World Cup semifinal against Uruguay despite criticism about the lack of Dutch flair that has dogged his team throughout the tournament.

“We are continuing down the road we have chosen,” Van Marwijk said yesterday.

“I will not let anyone distract me from that.”

Uruguay coach Oscar Tabarez, meanwhile, is drawing inspiration to beat the favoured Dutch from the 1950 “Miracle of Maracana,” when his tiny country beat Brazil at Maracana stadium to earn its second World Cup title.

“The history of the World Cup is full of results that nobody could have expected, and they continue to happen,” Tabarez said.

“Why shouldn’t we be able to win Tuesday?”

But, he added: “I know we have to play a perfect game and we’re going to approach it with all of our effort.”

Uruguay, ranked No. 16 in the world, is a two-time World Cup winner, while the fourth-ranked Netherlands is still trying to shake off the tag of loser after talent-packed Dutch teams lost to hosts Germany and Argentina in 1974 and 1978.

“We have to beat Uruguay,” Wesley Sneijder told the official Dutch supporters’ website.

“We’re just thinking of one thing: We want to win the World Cup. This is our time.”

THE ASSOCIATED PRESS

“We have to beat Uruguay. We’re just thinking of one thing: We want to win the World Cup. This is our time.”
WESLEY SNEIJDER

Stoudemire picks New York

- Knicks will soon sign first big-name free agent of historic 2010 class
- Stoudemire says he's persuading other top players to come to Big Apple

LOUIS LANZANO/THE ASSOCIATED PRESS

▶ Amare Stoudemire poses outside Madison Square Garden.

Amare Stoudemire is headed to the New York Knicks, and both sides are hoping he's not coming alone.

The Knicks said yesterday they intend to sign Stoudemire to a contract later this week when the free agent moratorium period ends. Stoudemire's agent, Happy Walters, said the deal is for the maximum allowed, which would be nearly $100 million US over five years.

Wearing a blue Knicks hat, Stoudemire said he looked forward to rebuilding a franchise and bringing the Knicks back to the top — maybe with a player such as LeBron James or Dwyane Wade with him.

"I feel great about being a pioneer and showing my leadership," he said at Madison Square Garden.

The deal can't be signed until Thursday, after the salary cap for next season has been set.

It was a needed score in free agency for the Knicks, who spent two seasons clearing enough cap space to afford two top players. They met with James, Wade and Chris Bosh last week and believe they could still land one of them.

Stoudemire's days with the Suns ended late last week when the team agreed to $48 million worth of deals with forwards Hakim Warrick and Channing Frye.

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High hopes

- **Recruiting** Stoudemire has already started recruiting, saying he spoke to Lebron James' people and directly to Dwyane Wade last week.
- **Reunion** The move reunites Stoudemire with Mike D'Antoni, his former coach in Phoenix. Stoudemire averaged more than 20 points in every season they were together.

GREG BAKER/THE CANADIAN PRESS

▶ Canada's Duff Gibson celebrates his gold medal during the 2006 Winter Olympics in Turin, Italy.

Calgary's Gibson to lead national skeleton team

The head coach of Canada's skeleton team is now a Canadian.

Duff Gibson, winner of Olympic gold in 2006, has stepped into shoes traditionally filled by foreign coaches.

The 43-year-old Calgarian retired after winning his Olympic title. He's coached Canada's developmental team since 2008.

Gibson replaces Willi Schneider of Germany, who was at the helm of the Canadian team during the 2010 Winter Olympics in February. Jon Montgomery's gold was the skeleton team's one trip to the podium in Whistler, B.C.

"What attracted me to it was, what an exciting time it is for skeleton, or sport in general for Canada," Gibson said yesterday. "A lot of people would say 'You just finished an exciting time' and that's true. But it's different.

"What attracted me to it was, what an exciting time it is for skeleton, or sport in general for Canada."
DUFF GIBSON

There's a real changing of the guard.

"Any great competitor loves a great challenge. We had a huge advantage in Whistler because it was our track. Now, things are a little bit different, so it's a greater challenge."

Gibson's former teammate Kelly Forbes will be the team's strength and starts coach. Keith Loach, who retired from the national team after the 2010 season, takes Gibson's place as a developmental coach.

Gibson's first official duty as head coach is a training camp in Calgary on Friday and Saturday.

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Chavanel wins 2nd Tour stage

Lance Armstrong and dozens of other Tour de France riders were caught up in a series of crashes yesterday during a rain-splattered second stage won by new race leader Sylvain Chavanel of France.

In one of the spills, Armstrong and defending Tour champion Alberto Contador of Spain tumbled to the asphalt on a slippery descent from the mid-grade Stockeu Pass toward the end of the 201-kilometre run from Brussels to Spa.

Both riders sustained scrapes but finished the stage and were OK, their teams said.

Many riders believed a mixture of motor oil and water on the roads was to blame.

Chavanel collected his second career Tour stage victory after joining a small early breakaway group and then gradually distancing them.

LAURENT REBOURS/THE ASSOCIATED PRESS

▶ Sylvain Chavanel

The 31-year-old Quick Step rider finished yesterday's stage with a time of four hours 40 minutes 48 seconds.

Chavanel took the race leader's yellow jersey off Swiss rider Fabian Cancellara who, like Armstrong and Contador, trailed 3:56 in the main pack.

Armstrong placed 54th and Contador was 81st.

The French leader had started the stage in 87th place overall, 59 seconds behind Cancellara.

"Pure happiness," said Chavanel, choking up with emotion.

Aside from Chavanel's vault to first place, the top standings didn't change. Cancellara now trails the Frenchman by 2 minutes, 57 seconds, with Germany's Tony Martin in third place, 3:07 back.

Britain's David Millar is fourth, 3:17 back, and Armstrong dropped a notch to fifth and is 3:19 back. Contador is seventh 3:24 behind.

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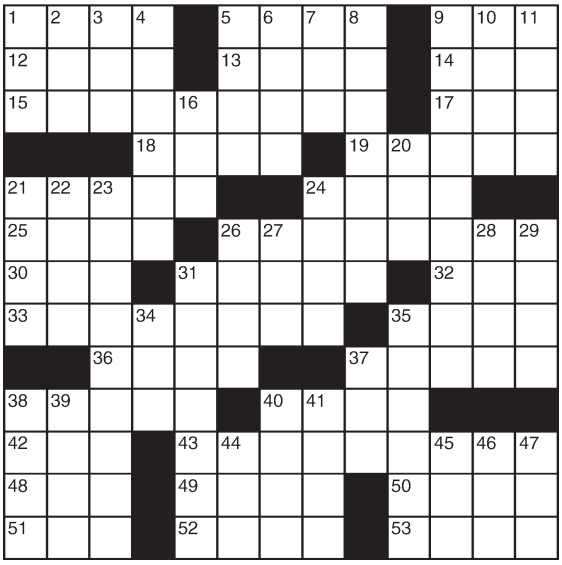
Crossword



Across
1 Men-only
5 Secular
9 Feline
12 Wrong
13 Enjoying greatly
14 Raw rock
15 Sidekick
17 Wire measure
18 Perches
19 Calyx leaf
21 Happen
24 Island dance
25 To — it may concern
26 Collective abilities needed for a task
30 — de plume
31 Michigan city
32 Hot tub
33 Replace
35 Pay attention
36 Now, on a memo
37 Gives over
38 Column style
40 Wan
42 Japanese sash
43 Buddies
48 Swindle
49 Notion
50 Land measure
51 Small barrel
52 Fender bender
53 Knitter's need

Down
1 Pouch
2 Pair
3 Sleeve contents
4 Drywall material
5 Fuzz on clothes
6 Blackbirds
7 Judge Lance
8 Seek advice from
9 Encircled
10 Met melody
11 Spill the beans
16 Football filler
20 Right angle
21 Possesses
22 — En-lai
23 Showing similarities
24 Clue
26 Openhand hit
27 Family
28 Duel tool
29 Young ones
31 Limp
34 Omega preceder
35 Time of prosperity
37 Half a dance?
38 Lakeside structure
39 Reed instrument
40 "So be it"
41 Lovers' quarrel
44 Praise in verse
45 Nipper's co.
46 Mess up
47 100th of a yen

▶ Yesterday's answer

Sudoku

9	4			3	2	8		
	1		9			6		4
8	6							
			1					7
			8		9			
5					3			
							4	5
2		4			1		7	
		6	2	9			8	3

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	1	2	3	6	9	5	7	8
3	7	9	5	1	8	6	2	4
6	5	8	2	7	4	3	9	1
7	9	3	8	5	6	4	1	2
8	2	4	1	3	7	9	6	5
1	6	5	9	4	2	7	8	3
5	8	7	4	9	1	2	3	6
2	3	6	7	8	5	1	4	9
9	4	1	6	2	3	8	5	7

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Wog, will u marry me?
REENER BIEBER

Yes, i will marry you!!! I love you!!!
MCH

To my friends, family and my pumpkin spice latte Ricky, I just want to say how much I love you all and thank you for always being there for me.
BELLA XO

My darling Vee, our world may be that of Capulets and Montagues, but I will love you evermore.
LOVE KEY

I love you so much Pooh Bear that I think I just might pass out
SNUGGIE BUGGIE WUGGIE

Sophie L, you are a very special, beautiful, talented girl. I feel so lucky to have you as my daughter. I love you so much.
MOM

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min 8° Max 19°	Min 8° Max 23°	Min 10° Max 24°

Andrew Schultz, Meteorologist
BT BREAKFAST TELEVISION

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 There is no point getting angry with people who let you down. Cosmic activity in one of the more emotional areas of your chart means that loved ones will take what you say seriously.

♉ Taurus April 23-May 21 Others may say you are avoiding your problems, and maybe you are, but this is one of those days when avoiding your problems may turn out to be the best way of dealing with them.

♊ Gemini May 22-June 21 You will be either far too generous or far too selfish today — there seems to be no middle ground with you at the moment. If someone asks for a handout you would be wise to plead poverty.

♋ Cancer June 22-July 22 You may be eager to prove to the world that you have what it takes but if you do too much too soon there is a danger you will grind to a halt later when your energy and motivation begin to wane.

♌ Leo July 23-Aug.23 Focus on one goal at a time and don't allow yourself to think about anything else until you have reached it.

♍ Virgo Aug. 24- Sept. 22 Friends and family are even more demanding than usual, which makes it even more necessary than usual to keep some special time for yourself. You don't have to be on duty every minute of every hour of every day.

♎ Libra Sept. 23-Oct. 23 Your No. 1 aim now is to make sure that the balance between your home life and your working life is stable and enjoyable. If there are things you want to do that you don't have time for then adjustments are clearly needed.

♏ Scorpio Oct. 24-Nov. 22 Pluto in the communications area of your chart seems to be bringing an annoying amount of criticism your way.

♐ Sagittarius Nov. 23-Dec. 21 Whatever else you do over the next 24 hours, don't panic. Others may be preaching doom and gloom and the end of the world but their sort have been around since the dawn of time — and we're still here. Worry is for losers.

♑ Capricorn Dec. 22-Jan. 20 A friend or family member will offer to take some of your workload off your hands today, which is nice of them, but can you be sure they will do a good job?

♒ Aquarius Jan. 21-Feb. 18 Follow your instincts today, even if it puts you at odds with everyone else. You have never been the sort to worry about what the world thinks of you and there is no good reason why you should start now.

♓ Pisces Feb. 19-March 20 There is no point complaining that some individuals don't know how to behave. The more of a noise you make, the more likely it is they will annoy you.
SALLY BROMPTON

Caption contest

KEVIN HARE/THE ASSOCIATED PRESS

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

RICK SCUTERI/THE ASSOCIATED PRESS

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Standard rm.
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$449
+Taxes & other fees (including service charges): $280

Golden Crown Paradise • 4 1/2★
All-Inclusive
Oceanview rm.
Aug. 28 - Sept. 25 • 1 wk.
$449
+Taxes & other fees (including service charges): $280

Cancun/Riviera Maya

Occidental Grand Xcaret • 4 1/2★
All-Inclusive
Deluxe rm.
Sept. 26 • 1 wk.
$519
+Taxes & other fees (including service charges): $290

Grand Sirenis Riviera Maya Hotel & Spa • 5★
All-Inclusive
Junior suite
Sept. 26 • 1 wk.
$559
+Taxes & other fees (including service charges): $290

TURKS & CAICOS via Toronto

The Sands at Grace Bay • 4★
Studio courtyard
Sept. 4 & 11 • 1 wk.
$1079
+Taxes & other fees (including service charges): $265

CUBA
Santa Clara

Meliá Las Dunas • 4★
All-Inclusive
Standard rm.
Aug. 28 - Sept. 25 • 1 wk.
$499
+Taxes & other fees (including service charges): $228

Varadero

Iberostar Laguna Azul • 4 1/2★
All-Inclusive
Standard rm.
Aug. 29 - Sept. 26 • 1 wk.
$589
+Taxes & other fees (including service charges): $228

DOMINICAN REPUBLIC
Samana via Toronto

Bahia Samana Roulette • 4★
All-Inclusive
Run of the house
Sept. 5 & 12 • 1 wk.
$659
+Taxes & other fees (including service charges): $325

Puerto Plata via Toronto

Iberostar Costa Dorada • 4★
All-Inclusive
Hotel rm.
Sept. 3 & 10 • 1 wk.
$829
+Taxes & other fees (including service charges): $325

JAMAICA via Toronto

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive
Standard rm.
Aug. 26 - Sept. 23 • 1 wk.
$689
+Taxes & other fees (including service charges): $326
Please add $50 for Sat. & Sun. departures

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive
Junior suite
Aug. 26 - Sept. 23 • 1 wk.
PRIVILEGES
$789
+Taxes & other fees (including service charges): $326
Please add $50 for Sat. & Sun. departures

ANTIGUA via Toronto

St. James's Club & Villas • 4★
All-Inclusive
Club rm.
Sept. 4 - 18 • 1 wk.
$1279
+Taxes & other fees (including service charges): $252

USA

LAS VEGAS

Flamingo Las Vegas • 3 1/2★
Deluxe rm. promo savings
Aug. 9, 15 & 23 • 3 nts.
$389
+Taxes & other fees (including service charges): $147

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Carnival Valor®
Western Caribbean Cruise - Flights to Miami via Toronto
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